ARTHAM
RESOURCE MATERIAL
NO. 1 EDUCATIONAL RESOURCES

CUET 2024
PSYCHOLOGY
SAMPLE PAPER SET 1

PRACTICE SET 01

1. Diya is a diligent girl who exhibits commitment, persistence, and patience. All her behavior is goal-directed. Such characteristics focus on which facet of integral intelligence?
(a) Social Competence
(b) Cognitive Capacity
(c) Entrepreneurial competence
(d) Emotional competence
2. _____ refers to an individual's underlying potential for acquiring skills.
(a) Intelligence
(b) Aptitude
(c) Interest
(d) Personality
3. Name the psychologist who proposed the concept of Intelligence Quotient.
(a) Alfred Binet
(b) Theodore Simon
(c) William Stern
(d) Jack Naglieri
4. _____ refers to the abilities involved in forming, using, and transforming mental images.
(a) Spatial
(b) Musical
(c) Naturalistic
(d) Intrapersonal
5. According to the Indian approach, personality is a combination of _____ Gunas.
(a) 2
(b) 3
(c) 4
(d) None of these
6. Which of the following is a projective technique for assessing personality?
(a) Sinha's Comprehensive Anxiety Test
(b) Thematic Apperception Test
(c) High School Personality Questionnaire
(d) Adjustment Inventory for school students
7. The ideas we hold about our competencies and attributes are also called _____ .
(a) self-concept
(b) social self
(c) self-esteem
(d) self-efficacy

8. The _____ focuses on the specific psychological attributes along which individuals tend to differ in consistent and stable ways.
(a) interactional approach
(b) trait approach
(c) behavioral approach
(d) humanistic approach
9. The _____ are stable and are considered as the building blocks of personality.
(a) source traits
(b) surface traits
(c) cardinal traits
(d) central traits
10. Sixteen Personality Factor (16 PF) Questionnaire was developed by _____ .
(a) Hathaway
(b) McKinley
(c) Cattel
(d) Eysenck
11. The Thematic Apperception Test (TAT) was developed by _____ .
(a) Morgan and Murray
(b) Hathaway and McKinley
(c) Hermann Rorschach and Cattel
(d) None of the above
12. “I can control the weather according to my moods.” This is a statement made by a person suffering from delusion of _____.
(a) Persecution
(b) Reference
(c) Grandeur
(d) Control
13. When a person has to use more and more of a substance to get the same effect, it is called _____ .
(a) Substance dependence
(b) Substance abuse
(c) Tolerance
(d) Withdrawal
14. When people believe that their feelings, thoughts, and actions are controlled by others, it is called Delusion of _____.
(a) Persecution
(b) Reference
(c) Grandeur
(d) Control
15. Perceptions that occur in the absence of external stimuli are called _____ .

(a) Delusions
(b) Hallucinations
(c) Inappropriate Affect
(d) Formal thought disorders

16. _____ is the case in which the client idolizes or falls in love with the therapist and seeks the therapist's approval.
(a) Transference neurosis
(b) Positive transference
(c) Negative transference
(d) None of the above

17. The central thesis of this therapy is that irrational beliefs mediate between the antecedent events and their consequences. Name the therapy.
(a) Cognitive Behaviour Therapy (CBT)
(b) Rational Emotive Therapy (RET)
(c) Humanistic-existential Therapy (HET)
(d) None of the above

18. The goal of _____ is to increase an individual's self-awareness and self-acceptance.
(a) Gestalt therapy
(b) Client-centered therapy
(c) Logotherapy
(d) None of the above

19. The rapid breathing techniques to induce hyperventilation are part of _____ yoga.
(a) Sudarshana Kriya
(b) Pranayama
(c) Kundalini
(d) Ashtanga

20. Client-centered therapy was developed by _____ .
(a) Freiderick
(b) Victor Frankl
(c) Carl Rogers
(d) None of these

21. Schemas that function in the form of categories are called _____ .
(a) Stereotypes
(b) Prototypes
(c) Perceivers
(d) None of these

22. The information presented first has a stronger effect than the information presented at the end is called _____ .
(a) Primacy effect
(b) Recency effect

(c) Halo effect
(d) None of the above
23. _____ refers to all those psychological processes that deal with the gathering and processing of information related to social objects.
(a) Social interaction
(b) Social cognition
(c) Social facilitation
(d) None of the above
24. The _____ of an attitude tells us whether an attitude is positive or negative towards the attitude object.
(a) Centrality
(b) Valence
(c) Extremeness
(d) Simplicity
25. Learning attitudes through modeling is most likely when:
(a) We see the attitudes through the norms of our group or culture.
(b) We observe others being rewarded or punished for expressing thoughts.
(c) An individual is praised for showing a particular attitude.
(d) All of the above
26. The 'P-O-X 'triangle, which represents relationships between a person, another person, and an attitude object, was proposed by:
(a) Fritz Heider
(b) SM Mohsin
(c) Festinger
(d) Bernard Wiener
27. An _____ is a collection of people who have assembled for a special purpose, such as to watch a cricket match or a movie.
(a) Audience
(b) Team
(c) Mob
(d) None of these
28. _____ is a stage of intragroup conflict.
(a) Storming
(b) Norming
(c) Performing
(d) Adjourning
29. _____ refers to togetherness, binding, or mutual attraction among group members.
(a) Cohesiveness
(b) Proximity
(c) Groupthink

(d) None of the above
30. _____ means that people feel obliged to return what they get.
(a) Reciprocity
(b) Competition
(c) Reward structure
(d) None of the above
31. When groups work together to achieve shared goals, we refer to it as _____ .
(a) Unity
(b) Cooperation
(c) Teamwork
(d) None of these
32. _____ means behaving according to the group norm.
(a) Compliance
(b) Deviants
(c) Conformity
(d) None of the above
33. Identify the Determinants of Conformity.
(a) Nature of the task
(b) The company of like-minded people
(c) Social influence
(d) None of the above
34. _____ is defined as proficiency, facility, or dexterity that is acquired or developed through training and experience.
(a) Skill
(b) Talent
(c) Intelligence
(d) None of these
35. _____ Observation is one of the primary ways of learning about the way people behave in a given setting.
(a) Participant
(b) Naturalistic
(c) Ethical
(d) None of these
36. _____ communication refers to the communication that takes place between two or more persons who establish a communicative relationship.
(a) Verbal
(b) Intrapersonal
(c) Interpersonal
(d) None of these
37. _____ is composed of all those messages that people exchange besides words.
(a) Body language

(b) Sign language
(c) Loud language
(d) Verbal language
38. The _____ perspective suggests that the physical environment exists for use by human beings for their comfort and well-being.
(a) Instrumental
(b) Minimalist
(c) Spiritual
(d) None of these
39. Forceful destructive behavior towards another person or object is termed as _____ .
(a) Aggression
(b) Violence
(c) Frustration
(d) None of the above
40. An emotional state that arises when a person is prevented from reaching a goal or attaining an object that s/he wants.
(a) Aggression
(b) Frustration
(c) Depression
(d) None of these
41. You were interviewed by your school selection team for the post of head boy/head girl. Identify the interpersonal distance in this situation.
(a) Intimate distance
(b) Public distance
(c) Personal distance
(d) Social distance
42. You are talking to your very good friend. Identify the interpersonal distance in this situation.
(a) Intimate distance
(b) Public distance
(c) Personal distance
(d) Social distance
43. Identify the first step as a treatment towards psychological disorders.
(a) Providing material relief
(b) Counselling
(c) Psychiatric help
(d) Rehabilitation
44. _____ helps to alleviate stress due to diseases through modification in behavior.
(a) Counselling
(b) Behaviour Medicine
(c) Psychiatric help
(d) Rehabilitation

45. The state of physical, emotional, and psychological exhaustion is known as:
(a) Resistance
(b) Stress
(c) Burnout
(d) Coping
46. While walking in the forest, I suddenly hear a hissing sound. My heartbeat increases, breathing becomes short and rapid, pupils dilate, etc. This is due to the activation of:
(a) Sympathetic nervous system
(b) Parasympathetic nervous system
(c) Hypothalamus
(d) All of the above
47. _____ results from the blocking of needs and motives by something or someone that hinders us from achieving a desired goal.
(a) Conflicts
(b) Frustration
(c) Internal pressures
(d) None of the above
48. _____ is a behavior or skill that helps to communicate, clearly and confidently, our feelings, needs, wants, and thoughts.
(a) Physiological
(b) Cognitive
(c) Assertiveness
(d) None of these
49. Who defined stress as “the nonspecific response of the body to any demand”?
(a) Hans Selye
(b) Lazarus
(c) Holmes and Rahe
(d) None of the above
50. The stresses which people experience vary in terms of intensity, duration, complexity, and:
(a) Personality
(b) Predictability
(c) Temperament
(d) None of these

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ANSWERS

1. (c) Entrepreneurial competence - Diya's behavior demonstrates qualities often associated with entrepreneurial competence, such as commitment, persistence, and goal-directed behavior.

2. (b) Aptitude - Aptitude refers to an individual's underlying potential for acquiring skills or performing tasks.
3. (a) Alfred Binet - Alfred Binet is the psychologist who proposed the concept of Intelligence Quotient (IQ).
4. (a) Spatial - The abilities involved in forming, using, and transforming mental images are referred to as spatial abilities.
5. (c) 4 - According to the Indian approach, personality is considered a combination of four Gunas: Sattva, Rajas, Tamas, and Ahamkara.
6. (b) Thematic Apperception Test - The Thematic Apperception Test (TAT) is a projective technique used to assess personality by analyzing responses to ambiguous pictures.
7. (a) self-concept - The ideas we hold about our competencies and attributes are also called self-concept.
8. (b) trait approach - The trait approach focuses on the specific psychological attributes along which individuals tend to differ in consistent and stable ways.
9. (a) source traits - Source traits are stable and considered the building blocks of personality that underlie surface traits.
10. (c) Cattel - The Sixteen Personality Factor (16 PF) Questionnaire was developed by Raymond Cattell.
11. (a) Morgan and Murray - The Thematic Apperception Test (TAT) was developed by Henry A. Murray and Christiana D. Morgan.
12. (c) Grandeur - The statement "I can control the weather according to my moods" indicates a delusion of grandeur.
13. (c) Tolerance - When a person has to use more and more of a substance to get the same effect, it is called tolerance.
14. (d) Control - When people believe that their feelings, thoughts, and actions are controlled by others, it is called delusion of control.
15. (b) Hallucinations - Perceptions that occur in the absence of external stimuli are called hallucinations.
16. (b) Positive transference - Positive transference occurs when the client idolizes or falls in love with the therapist and seeks the therapist's approval.
17. (b) Rational Emotive Therapy (RET) - The central thesis of Rational Emotive Therapy (RET) is that irrational beliefs mediate between antecedent events and their consequences.
18. (b) Client-centered therapy - The goal of client-centered therapy is to increase an individual's self-awareness and self-acceptance.
19. (b) Pranayama - The rapid breathing techniques to induce hyperventilation are part of Pranayama yoga.
20. (c) Carl Rogers - Client-centered therapy was developed by Carl Rogers.
21. (b) Prototypes - Schemas that function in the form of categories are called prototypes.
22. (a) Primacy effect - The primacy effect suggests that information presented first has a stronger effect on memory and impression formation.

23. (b) Social cognition - Social cognition refers to all psychological processes that deal with the gathering and processing of information related to social objects.
24. (b) Valence - The valence of an attitude tells us whether an attitude is positive or negative towards the attitude object.
25. (d) All of the above - Learning attitudes through modeling is most likely when individuals see attitudes through the norms of their group or culture, observe others being rewarded or punished for expressing thoughts, and are praised for showing a particular attitude.
26. (a) Fritz Heider - The 'P-O-X' triangle, representing relationships between a person, another person, and an attitude object, was proposed by Fritz Heider.
27. (a) Audience - An audience is a collection of people who have assembled for a special purpose, such as to watch a cricket match or a movie.
28. (a) Storming - Storming is a stage of intragroup conflict where group members experience conflict and confrontation.
29. (a) Cohesiveness - Cohesiveness refers to togetherness, binding, or mutual attraction among group members.
30. (a) Reciprocity - Reciprocity means that people feel obliged to return what they get.
31. (b) Cooperation - When groups work together to achieve shared goals, it is referred to as cooperation.
32. (c) Conformity - Conformity means behaving according to the group norm.
33. (d) None of the above - The determinants of conformity include social influence, nature of the task, and the company of like-minded people.
34. (a) Skill - Skill is defined as proficiency, facility, or dexterity that is acquired or developed through training and experience.
35. (b) Naturalistic - Naturalistic observation is one of the primary ways of learning about the way people behave in a given setting.
36. (c) Interpersonal - Interpersonal communication refers to the communication that takes place between two or more persons who establish a communicative relationship.
37. (a) Body language - Body language is composed of all those messages that people exchange besides words.
38. (a) Instrumental - The instrumental perspective suggests that the physical environment exists for use by human beings for their comfort and well-being.
39. (a) Aggression - Forceful destructive behavior towards another person or object is termed as aggression.
40. (b) Frustration - Frustration is an emotional state that arises when a person is prevented from reaching a goal or attaining an object they want.
41. (c) Personal distance - The interpersonal distance in the situation of being interviewed by a school selection team is personal distance.
42. (a) Intimate distance - The interpersonal distance in the situation of talking to a very good friend is intimate distance.
43. (a) Providing material relief - Providing material relief is the first step as a treatment towards psychological disorders.

44. (b) Behaviour Medicine - Behaviour medicine helps to alleviate stress due to diseases through modification in behavior.
45. (c) Burnout - The state of physical, emotional, and psychological exhaustion is known as burnout.
46. (a) Sympathetic nervous system - The activation of the sympathetic nervous system is responsible for the fight-or-flight response during a perceived threat or danger.
47. (b) Frustration - Frustration results from the blocking of needs and motives by something or someone that hinders us from achieving a desired goal.
48. (c) Assertiveness - Assertiveness is a behavior or skill that helps communicate feelings, needs, wants, and thoughts clearly and confidently.
49. (a) Hans Selye - Hans Selye defined stress as "the nonspecific response of the body to any demand."
50. (b) Predictability - The stresses people experience vary in terms of intensity, duration, complexity, and predictability.

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SAMPLE PAPER SET 2

PRACTICE SET 02

1. What facet of integral intelligence focuses on characteristics like commitment, persistence, and patience, which are goal-directed behaviors?

(a) Social Competence

(b) Cognitive Capacity

(c) Entrepreneurial competence

(d) Emotional competence

2. What is the term for a person's skill in understanding motives, feelings, and behaviors of others?

(a) Interpersonal intelligence

(b) Intrapersonal intelligence

(c) Linguistic intelligence

(d) Social intelligence

3. Who proposed the PASS model of intelligence?

(a) J.P. Das, Jack Naglieri, and Kirby

(b) Jack Naglieri, Binet

(c) Binet, Terman, and Kirby

(d) None of the above

4. What does experiential intelligence refer to?

(a) Analysis of information

(b) Ability to deal with the environment

(c) Using past experiences creatively

(d) None of the above

5. Which of the following is a projective technique for assessing personality?

(a) Sinha’s Comprehensive Anxiety Test

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(b) Thematic Apperception Test

(c) High School Personality Questionnaire

(d) Adjustment Inventory for school students

6. Who developed the Sixteen Personality Factor (16 PF) Questionnaire?

(a) Hathaway

(b) McKinley

(c) Cattel

(d) Eysenck

7. What is the term for the ideas we hold about our competencies and attributes?

(a) Self-concept

(b) Social self

(c) Self-esteem

(d) Self-efficacy

8. What are stable characteristics that are considered the building blocks of personality?

(a) Central traits

(b) Surface traits

(c) Cardinal traits

(d) Source traits

9. What is the term for the state of physical, emotional, and psychological exhaustion?

(a) Resistance

(b) Stress

(c) Burnout

(d) Coping

10. What behavior or skill helps to communicate our feelings, needs, wants, and thoughts clearly and confidently?

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(a) Physiological

(b) Cognitive

(c) Assertiveness

(d) None of these

11. Who defined stress as "the nonspecific response of the body to any demand"?

(a) Hans Selye

(b) Lazarus

(c) Holmes and Rahe

(d) None of the above

12. What comes after the resistance stage in the General Adaptation Syndrome (GAS)?

(a) Exhaustion

(b) Aggression

(c) Sensation

(d) None of these

13. What is the term used when people develop a fear of entering unfamiliar situations?

(a) Social phobias

(b) Agoraphobia

(c) Specific phobias

(d) None of the above

14. In children's aggressive behavior, which type involves dominating and bullying others without provocation?

(a) Verbal aggression

(b) Physical aggression

(c) Hostile aggression

(d) Proactive aggression

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15. What are the main features of Attention-deficit Hyperactivity Disorder (ADHD)?

(a) Inattention and hyperactivity-impulsivity

(b) Oppositional Defiant Disorder

(c) Conduct Disorder

(d) None of the above

16. What is it called when the client idolizes or falls in love with the therapist and seeks the therapist's approval?

(a) Transference neurosis

(b) Positive transference

(c) Negative transference

(d) None of the above

17. Which therapy combines cognitive therapy with behavioral techniques?

(a) Biomedical therapy

(b) Gestalt therapy

(c) Client-centered therapy

(d) Cognitive behavior therapy

18. Which rapid breathing technique is used to induce hyperventilation in yoga?

(a) Sudarshana kriya

(b) Pranayama

(c) Kundalini

(d) Ashtanga

19. Who developed client-centered therapy?

(a) Freiderick

(b) Victor Frankl

(c) Carl Rogers

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(d) None of these

20. What are schemas that function in the form of categories called?

(a) Stereotypes

(b) Prototypes

(c) Perceivers

(d) None of these

21. What do we call all psychological processes that deal with the gathering and processing of information related to social objects?

(a) Social interaction

(b) Social cognition

(c) Social facilitation

(d) None of the above

22. What is it called when the information presented first has a stronger effect than the information presented at the end?

(a) Primacy effect

(b) Recency effect

(c) Halo effect

(d) None of the above

23. Learning attitudes through modeling is mostly seen when:

(a) We see the attitudes through the norms of our group or culture.

(b) We observe others being rewarded or punished for expressing thoughts.

(c) An individual is praised for showing a particular attitude.

(d) All of the above.

24. The 'P-O-X' triangle, which represents the relationships between person, another person, and attitude object, was proposed by:

(a) Fritz Heider

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(b) SM Mohsin

(c) Festinger

(d) Bernard Wiener

25. An individual has a somewhat positive attitude towards the empowerment of women. Reading about a successful woman made this attitude more positive. This is an example of:

(a) Incongruent attitude change

(b) Congruent attitude change

(c) Dissonant attitude change

(d) Cognitive attitude change

26. What is a collection of people who may be present at a place/situation by chance called?

(a) Crowd

(b) Audience

(c) Group

(d) None of these

27. Which stage of intragroup conflict involves forceful destructive behavior towards another person or object?

(a) Storming

(b) Norming

(c) Performing

(d) Adjourning

28. What refers to togetherness, binding, or mutual attraction among group members?

(a) Groupthink

(b) Proximity

(c) Cohesiveness

(d) None of the above

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29. What means that people feel obliged to return what they get?

(a) Reciprocity

(b) Competition

(c) Reward structure

(d) None of the above

30. When groups work together to achieve shared goals, we refer to it as:

(a) Unity

(b) Cooperation

(c) Teamwork

(d) None of these

31. Identify the determinants of conformity.

(a) Nature of the task

(b) The company of like-minded people

(c) Social influence

(d) None of the above

32. Which of the following are not elements of group structures?

(a) Role

(b) Norms

(c) Status

(d) Expectations

33. The _____ perspective suggests that the physical environment exists for use by human beings for their comfort and well-being.

(a) Instrumental

(b) Minimalist

(c) Spiritual

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(d) None of the above

34. Forceful destructive behavior towards another person or object is termed as:

(a) Aggression

(b) Violence

(c) Frustration

(d) None of these

35. In which interpersonal distance would an interview for the post of head boy/head girl in school typically take place?

(a) Intimate distance

(b) Public distance

(c) Personal distance

(d) Social distance

36. What is the first step in the treatment of psychological disorders?

(a) Providing material relief

(b) Counseling

(c) Psychiatric help

(d) Rehabilitation

37. Which approach helps to alleviate stress due to diseases through modification in behavior?

(a) Counseling

(b) Behavioral Medicine

(c) Psychiatric help

(d) Rehabilitation

38. What is defined as proficiency, facility, or dexterity that is acquired or developed through training and experience?

(a) Skill

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(b) Talent

(c) Intelligence

(d) None of these

39. _____ observation is one of the primary ways of learning about the way people behave in a given setting.

(a) Participant

(b) Naturalistic

(c) Ethical

(d) None of these

40. What type of communication takes place between two or more persons who establish a communicative relationship?

(a) Verbal

(b) Intrapersonal

(c) Interpersonal

(d) None of these

41. What is composed of all those messages that people exchange besides words?

(a) Body Language

(b) Speaking

(c) Paraphrasing

(d) None of the above

42. Which of the following is not a section of basic skills?

(a) General Skills

(b) Natural Skills

(c) Specific Skills

(d) Observational Skills

43. Psychologists study many differences based on factors such as:

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(a) Occupation

(b) Age

(c) Gender

(d) All of these

44. Systematic desensitization begins with some forms of:

(a) Instrumental Conditioning

(b) Relaxation Training

(c) Instrumental Training

(d) None of the above

45. Which characteristics are related to effective counselors?

(a) Authenticity

(b) Empathy

(c) Paraphrasing

(d) None of these

46. Developing a fear of entering unfamiliar situations is known as:

(a) Agoraphobia

(b) Panic Disorder

(c) Compulsive Disorder

(d) Conversion Disorder

47. The concept of interpersonal physical distance has been given by:

(a) Carl Jung

(b) Edward Hall

(c) Sigmund Freud

(d) L. M. Basheer

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48. An individual's level of stress which helps in achieving peak success and managing minor stressors is known as:

(a) Stress

(b) Distress

(c) Eustress

(d) Strain

49. According to experts who deal with Post Traumatic Stress Disorder, one of the key attitudes to develop in survivors is that of:

(a) Self-confidence

(b) Self-worth

(c) Self-concept

(d) Self-efficacy

50. In which therapy, the therapist focuses on interpreting unconscious conflicts and desires that influence a person's thoughts and behaviors?

(a) Cognitive Behavioral Therapy (CBT)

(b) Client-Centered Therapy

(c) Psychoanalytic Therapy

(d) Behavioral Therapy

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PSYCHOLOGY
SAMPLE PAPER SET 3

PRACTICE SET 03

1. The distinctiveness and variation among people's characteristics and behavior pattern is known as:
(a) Individual differences
(b) Psychological similarities
(c) Physical psychology
(d) Social psychology
2. Who among the following was the first psychologist to work on intelligence?
(a) Wechsler
(b) Gardner
(c) Sternberg
(d) Alfred Binet
3. Who among the following was the first person that devised systematic tests to measure intelligence test?
(a) Terman
(b) Binet
(c) Thorndike
(d) Wechsler
4. Howard Gardner's theory of intelligence is known as:
(a) Theory of Primary Mental Abilities
(b) Theory of Multiple Intelligences
(c) Triarchic theory
(d) Two-factor theory
5. ……. test is an example of a non-verbal test.
(a) Performance test
(b) Raven's progressive matrices test
(c) Culture based test
(d) Group test
6. Sternberg's experiential intelligence includes:
(a) The ability to learn from past events
(b) The ability to manipulate people's opinions
(c) Creative problem solving
(d) Basic academic skills
7. It refers to the ability to organize and monitor one's own behavior.
(a) Self-control
(b) Self-regulation
(c) Self-instruction
(d) Self-reinforcement

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8. It includes mental activity of which people may become aware only if they attend to it closely?
(a) Unconscious
(b) Preconscious
(c) Conscious
(d) Subconscious
9. Who viewed human beings as social beings who could be understood in terms of their relationship with others?
(a) Erik Erikson
(b) Guilford
(c) Kogan
(d) Eric Fromm
10. Carl Jung developed the theory of:
(a) Individual psychology
(b) Analytical psychology
(c) Social psychology
(d) Psycho-analytic psychology
11. The Minnesota Multiphasic Personality Inventory was developed by:
(a) Hathaway and McKinley
(b) Wallach
(c) Cattell
(d) Daniel Dubov
12. Karim when asked to describe himself describes in the following manner, "I am Karim. I am an honest and hardworking person. I am a singer. I do believe in God and destiny." In this case, Karim is disclosing his …… .
(a) Personal identity
(b) Social identity
(c) Self-esteem
(d) Self-efficacy
13. The physical, environmental, and social causes of the stress state are termed as:
(a) Stress
(b) Stressors
(c) Distress
(d) None of these
14. Which type of reaction is virtually limited and depending on the nature of the stressful event?
(a) Cognitive reactions
(b) Behavioral reactions
(c) Emotional reactions
(d) Physiological reactions
15. An individual's reaction to external stressors is called:
(a) Strain

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(b) Conflict
(c) Pressure
(d) Frustration
16. An individual's level of stress which helps in achieving peak success and managing minor crises is known as:
(a) Stress
(b) Distress
(c) Eustress
(d) Strain
17. Which of the following is not a stress management strategy given by Endler and Parker?
(a) Problem-focused strategy
(b) Task-oriented strategy
(c) Emotion-oriented strategy
(d) Avoidance-oriented strategy
18. Which among the following is not a way to reduce stress?
(a) Rational Thinking
(b) Diet
(c) Drinking alcohol
(d) Meditation
19. Developing a fear of entering unfamiliar situations is known as:
(a) Panic disorder
(b) Compulsive disorder
(c) Agoraphobia
(d) Conversion disorder
20. Biological factors that influence our behavior are:
(a) Faulty genes
(b) Endocrine imbalances
(c) Malnutrition
(d) All of the above
21. An individual having sudden and temporary fluctuation of consciousness that blots out painful experiences is showing signs of:
(a) Panic disorder
(b) Mood disorder
(c) Conversion disorder
(d) Dissociative disorder
22. Who emphasized that psychological conflict and disturbed interpersonal relationships as causes of psychological disorders?
(a) Johann Weyer
(b) Lewis Terman
(c) Galen

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(d) Salovey
23. In children's aggressive behavior like dominating and bullying others without provocation is seen in:
(a) Verbal aggression
(b) Physical aggression
(c) Hostile aggression
(d) Proactive aggression
24. Which among the following are commonly abused substances?
(a) Alcohol
(b) Coffins
(c) Tobacco
(d) All of these
25. RET has been proposed by:
(a) Abraham Maslow
(b) Albert Ellis
(c) Aaron Beck
(d) Carl Rogers
26. Nishant feels very strongly that everyone should love him and he should be selected to represent the school for all competitions. When this does not happen, he feels miserable and is unable to concentrate. Which form of therapy would be the most suitable for him to overcome this problem?
(a) Cognitive therapy
(b) Psychodynamic therapy
(c) Behavior therapy
(d) Biomedical therapy
27. The technique used for treating phobia or irrational fear is?
(a) Arthamatic
(b) Casual
(c) Systematic
(d) Weekly
28. The goal of …… is to increase an individual's self-awareness and self-acceptance.
(a) Gestalt therapy
(b) Client-centered therapy
(c) Logotherapy
(d) None of the above
29. Which among the following is a gradual process wherein the unconscious memories are repeatedly integrated into conscious awareness?
(a) Insight
(b) Resistance
(c) Working thought

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(d) Transference
30. Who Formulated Rational Emotive Therapy?
(a) Aaron Beck
(b) Albert Ellis
(c) Victor Frankl
(d) Freiderick Perls
31. Performance on specific tasks when influenced by the presence of others is called:
(a) Attribution
(b) Attitude
(c) Social Cognition
(d) Schemas
32. …… is an example of negative attitude towards people.
(a) Prototype
(b) Stereotype
(c) Discrimination
(d) Prejudice
33. When people attribute failure to task difficulty, they are referring to following factors?
(a) External, stable
(b) Internal, stable
(c) External, unstable
(d) Internal, unstable
34. Improvement in behavior due to the presence of other individual is known as:
(a) Imitation
(b) Social facilitation
(c) Interaction
(d) None of the above
35. An augmentation in behavior due to the presence of other individuals is known as:
(a) Imitation
(b) Social facilitation
(c) Interaction
(d) None of these
36. What were the reasons for joining a group by people?
(i) Security
(ii) Status
(iii) Self-esteem
(iv) Satisfaction of psychological needs
Choose the correct options from below.
(a) (i) and (ii)
(b) (ii) and (iv)
(c) (i), (ii), and (iv)
(d) All of these

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37. Membership of a club is an example of:
(a) Primary group
(b) Secondary group
(c) Outgroup
(d) Large group
38. …… is a consequence of extreme cohesiveness.
(a) Perceptions
(b) Group interaction
(c) Groupthink
(d) None of these
39. What is a collection of people who may be present at a place/situation by chance?
(a) Crowd
(b) Family
(c) Group
(d) Association
40. It means that people feel bound to return what they get. Initial cooperation may encourage more cooperation?
(a) Reward Structure
(b) Interpersonal Communication
(c) Reciprocity
(d) Intergroup Competition
41. State in which a person feels she/he has lost something valuable and is not getting what she/he deserves is known as:
(a) Discrimination
(b) Deprivation
(c) Poverty
(d) Disadvantage
42. Your friend thinks that the physical environment has minimal or negligible influence on human behavior, health, and well-being. Identify the views exhibited by him.
(a) The instrumental perspective
(b) The spiritual perspective
(c) The minimalist perspective
(d) None of the above
43. Physical environment exists mainly for use by human beings for their comfort is suggested by which perspective?
(a) Environmental
(b) Cognitive
(c) Instrumental
(d) Personal
44. Ajit is an unemployed youth. Sometime he shows aggression to his younger sister. This type of behavior is known as?

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(a) Displacement
(b) Crowding
(c) Rehabilitation
(d) Frustration
45. You are talking to your very good friend. Identify the interpersonal distance in this situation?
(a) Intimate distance
(b) Public distance
(c) Personal distance
(d) Social distance
46. The ability of a counselor to reflect on what the client says and feels using different words is known as:
(a) Decoding
(b) Communication
(c) Listening
(d) Paraphrasing
47. A psychologist has proficiency, facility, or dexterity that is acquired or developed through training and experience. The characteristics like proficiency, facility, or dexterity are:
(a) Training
(b) Skill
(c) Teaching ability
(d) None of these
48. A psychologist engages in observing various facts of surrounding including people and varying events. Thus, the basic skill of the psychologist is known as?
(a) Communication
(b) Observation skill
(c) Speaking
(d) Listening
49. Which among the following communication refers to the communication that takes place between two or more persons who established a communicative relationship?
(a) Verbal
(b) Intrapersonal
(c) Interpersonal
(d) None
50. Which among the following are types of Interview?
(a) Open-Ended Question
(b) Close-Ended Question
(c) Leading-Question
(d) All of these

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CUET 2024
PSYCHOLOGY
SAMPLE PAPER SET 4

PRACTICE SET04

1. What term refers to the organized patterns of thought and action that represent a person's characteristics and behavior?
(a) Personality
(b) Individuality
(c) Identity
(d) Attitude
2. Who proposed the hierarchy of needs in his theory of motivation?
(a) Abraham Maslow
(b) Carl Rogers
(c) B.F. Skinner
(d) Sigmund Freud
3. What is the term for the psychological defense mechanism where an individual attributes their undesirable qualities to others?
(a) Projection
(b) Repression
(c) Rationalization
(d) Sublimation
4. According to Erik Erikson's psychosocial theory, which stage occurs during adolescence and focuses on forming a sense of identity?
(a) Trust vs. Mistrust
(b) Autonomy vs. Shame and Doubt
(c) Initiative vs. Guilt
(d) Identity vs. Role Confusion
5. Which theory of intelligence proposes that there are seven primary mental abilities?
(a) Theory of Multiple Intelligences
(b) Triarchic Theory of Intelligence
(c) Theory of Primary Mental Abilities
(d) Emotional Intelligence Theory
6. In the context of emotional intelligence, what is the ability to perceive and understand one's emotions and the emotions of others?
(a) Emotional Regulation
(b) Emotional Perception
(c) Emotional Understanding
(d) Emotional Awareness
7. Who is known for the theory of cognitive development that includes stages like sensorimotor, preoperational, concrete operational, and formal operational?
(a) Erik Erikson
(b) Jean Piaget
(c) Lawrence Kohlberg

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(d) Lev Vygotsky
8. What is the term for the emotional bond that develops between an infant and their primary caregiver?
(a) Attachment
(b) Trust
(c) Autonomy
(d) Individuation
9. What is the term for a psychological defense mechanism where an individual reverts to immature behaviors when faced with stressful situations?
(a) Projection
(b) Regression
(c) Denial
(d) Displacement
10. Which stage of sleep is characterized by rapid eye movement (REM) and heightened brain activity?
(a) Stage 1
(b) Stage 2
(c) Stage 3
(d) REM Stage
11. Who is known for the social learning theory, which emphasizes the importance of observing and imitating others' behaviors?
(a) Albert Bandura
(b) Erik Erikson
(c) Sigmund Freud
(d) Carl Rogers
12. Which part of the nervous system is responsible for activating the body's "fight or flight" response in stressful situations?
(a) Sympathetic nervous system
(b) Parasympathetic nervous system
(c) Central nervous system
(d) Autonomic nervous system
13. What is the process by which sensory information is transformed into neural impulses and sent to the brain for further processing?
(a) Perception
(b) Sensation
(c) Cognition
(d) Stimulus
14. Which type of memory is responsible for storing information about events and experiences in our lives?
(a) Sensory memory
(b) Short-term memory

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(c) Long-term memory
(d) Working memory
15. According to Erik Erikson, what is the central conflict of the early adulthood stage?
(a) Intimacy vs. Isolation
(b) Identity vs. Role Confusion
(c) Generativity vs. Stagnation
(d) Autonomy vs. Shame and Doubt
16. What is the term for the process of encoding, storing, and retrieving information from memory?
(a) Cognition
(b) Perception
(c) Learning
(d) Memory
17. Which type of memory involves the temporary storage of information that we are currently using or actively thinking about?
(a) Sensory memory
(b) Short-term memory
(c) Long-term memory
(d) Working memory
18. What is the term for the tendency to recall information that is presented first (in a list) more easily than information presented later?
(a) Primacy effect
(b) Recency effect
(c) Serial position effect
(d) Frequency effect
19. According to Erik Erikson, which stage occurs during early childhood and involves developing a sense of purpose and direction in life?
(a) Trust vs. Mistrust
(b) Initiative vs. Guilt
(c) Autonomy vs. Shame and Doubt
(d) Industry vs. Inferiority
20. Which psychological defense mechanism involves attributing one's thoughts or behaviors to external factors rather than acknowledging internal motives?
(a) Repression
(b) Projection
(c) Rationalization
(d) Displacement
21. Who is known for the theory of moral development, which includes stages like preconventional, conventional, and postconventional morality?
(a) Jean Piaget
(b) Erik Erikson

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(c) Sigmund Freud
(d) Lawrence Kohlberg
22. Which perspective in psychology focuses on understanding behavior and mental processes by examining the influence of culture, social norms, and social interactions?
(a) Behaviorism
(b) Humanism
(c) Social psychology
(d) Cognitive psychology
23. What is the term for the process of altering existing schemas or creating new schemas to incorporate new information or experiences?
(a) Assimilation
(b) Accommodation
(c) Adaptation
(d) Scaffolding
24. According to Maslow's hierarchy of needs, what is the highest level of need that involves fulfilling one's full potential and achieving personal growth?
(a) Physiological needs
(b) Safety needs
(c) Love and belongingness needs
(d) Self-actualization needs
25. What is the term for the process of changing behavior through the use of rewards and punishments?
(a) Classical conditioning
(b) Operant conditioning
(c) Observational learning
(d) Insight learning
26. Who is known for the psychodynamic theory, which emphasizes the role of unconscious conflicts and early childhood experiences in shaping personality?
(a) B.F. Skinner
(b) Albert Bandura
(c) Sigmund Freud
(d) Jean Piaget
27. Which stage of cognitive development, according to Piaget, involves children's ability to think logically, understand conservation, and engage in symbolic play?
(a) Sensorimotor stage
(b) Preoperational stage
(c) Concrete operational stage
(d) Formal operational stage
28. Which theory of intelligence proposes that intelligence is composed of three aspects: analytical, creative, and practical intelligence?
(a) Theory of Multiple Intelligences

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(b) Triarchic Theory of Intelligence
(c) Emotional Intelligence Theory
(d) Theory of Primary Mental Abilities
29. What is the term for a method of learning in which associations are made between a neutral stimulus and an unconditioned stimulus to produce a conditioned response?
(a) Classical conditioning
(b) Operant conditioning
(c) Observational learning
(d) Insight learning
30. According to Erik Erikson, what is the central conflict of the late adulthood stage?
(a) Identity vs. Role Confusion
(b) Intimacy vs. Isolation
(c) Ego Integrity vs. Despair
(d) Generativity vs. Stagnation
31. Which part of the brain is responsible for regulating emotions, motivation, and basic bodily functions like hunger and thirst?
(a) Hippocampus
(b) Amygdala
(c) Hypothalamus
(d) Frontal lobe
32. According to Maslow's hierarchy of needs, what level of need includes feelings of love, friendship, and belongingness?
(a) Safety needs
(b) Love and belongingness needs
(c) Self-esteem needs
(d) Self-actualization needs
33. What is the term for a psychological defense mechanism where an individual blocks out or forgets unpleasant or anxiety-provoking experiences?
(a) Projection
(b) Regression
(c) Repression
(d) Rationalization
34. According to Albert Bandura's social learning theory, what is the process of learning through observing and imitating others' behaviors called?
(a) Classical conditioning
(b) Operant conditioning
(c) Observational learning
(d) Insight learning
35. What is the term for the psychological defense mechanism where an individual attributes their own unacceptable feelings or impulses to someone else?
(a) Projection

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(b) Repression
(c) Rationalization
(d) Sublimation
36. Which theory of intelligence proposes that there are nine different types of intelligence, including linguistic, logical-mathematical, spatial, musical, and interpersonal intelligence?
(a) Theory of Multiple Intelligences
(b) Triarchic Theory of Intelligence
(c) Theory of Primary Mental Abilities
(d) Emotional Intelligence Theory
37. According to Erik Erikson, what is the central conflict of the middle adulthood stage?
(a) Ego Integrity vs. Despair
(b) Generativity vs. Stagnation
(c) Identity vs. Role Confusion
(d) Trust vs. Mistrust
38. Which stage of cognitive development, according to Piaget, involves children's ability to think in a logical and systematic manner, understand abstract concepts, and engage in hypothetical reasoning?
(a) Sensorimotor stage
(b) Preoperational stage
(c) Concrete operational stage
(d) Formal operational stage
39. What is the term for a psychological defense mechanism where an individual expresses their unacceptable feelings or impulses in a socially acceptable way?
(a) Projection
(b) Regression
(c) Repression
(d) Sublimation
40. According to Maslow's hierarchy of needs, what level of need includes feelings of self-worth, achievement, and recognition?
(a) Love and belongingness needs
(b) Safety needs
(c) Self-esteem needs
(d) Self-actualization needs
41. Who is known for the theory of cognitive development that includes stages like preconventional, conventional, and postconventional morality?
(a) Jean Piaget
(b) Erik Erikson
(c) Sigmund Freud
(d) Lawrence Kohlberg
42. What is the term for a psychological defense mechanism where an individual comes up with rational or logical explanations for their unacceptable behavior?

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(a) Projection
(b) Repression
(c) Rationalization
(d) Displacement
43. According to Albert Bandura's social learning theory, what is the process of learning through observing and imitating others' behaviors called?
(a) Classical conditioning
(b) Operant conditioning
(c) Observational learning
(d) Insight learning
44. What is the term for the process of changing behavior through the use of rewards and punishments?
(a) Classical conditioning
(b) Operant conditioning
(c) Observational learning
(d) Insight learning
45. Who is known for the theory of cognitive development, which includes stages like sensorimotor, preoperational, concrete operational, and formal operational?
(a) Erik Erikson
(b) Jean Piaget
(c) Lawrence Kohlberg
(d) Lev Vygotsky
46. According to Erik Erikson, what is the central conflict of the early adulthood stage?
(a) Trust vs. Mistrust
(b) Autonomy vs. Shame and Doubt
(c) Initiative vs. Guilt
(d) Identity vs. Role Confusion
47. What is the term for the emotional bond that develops between an infant and their primary caregiver?
(a) Attachment
(b) Trust
(c) Autonomy
(d) Individuation
48. What is the term for a psychological defense mechanism where an individual reverts to immature behaviors when faced with stressful situations?
(a) Projection
(b) Regression
(c) Denial
(d) Displacement
49. Which stage of sleep is characterized by rapid eye movement (REM) and heightened brain activity?

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(a) Stage 1
(b) Stage 2
(c) Stage 3
(d) REM Stage
50. Who is known for the social learning theory, which emphasizes the importance of observing and imitating others' behaviors?
(a) Albert Bandura
(b) Erik Erikson
(c) Sigmund Freud
(d) Carl Rogers

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PSYCHOLOGY
SAMPLE PAPER SET 5

PRACTICE SET 05

1. Which field of psychology focuses on studying mental processes such as perception, memory, and problem-solving?
(a) Clinical psychology
(b) Cognitive psychology
(c) Social psychology
(d) Developmental psychology
2. Who is considered the founder of psychoanalysis?
(a) Carl Jung
(b) Sigmund Freud
(c) B.F. Skinner
(d) Albert Bandura
3. The process by which sensory information is transformed into neural signals is called:
(a) Sensation
(b) Perception
(c) Cognition
(d) Conception
4. The "fight or flight" response is regulated by which part of the nervous system?
(a) Sympathetic nervous system
(b) Parasympathetic nervous system
(c) Central nervous system
(d) Autonomic nervous system
5. The process of encoding, storing, and retrieving information from memory is called:
(a) Cognition
(b) Perception
(c) Learning
(d) Memory
6. According to Maslow's hierarchy of needs, which needs must be met first before an individual can focus on higher needs?
(a) Esteem needs
(b) Safety needs
(c) Physiological needs
(d) Self-actualization needs
7. Who proposed the theory of multiple intelligences, which suggests that intelligence is composed of various distinct abilities?
(a) Abraham Maslow
(b) Howard Gardner
(c) Albert Bandura

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(d) Erik Erikson
8. Which defense mechanism involves pushing unacceptable thoughts or emotions out of consciousness and into the unconscious mind?
(a) Projection
(b) Repression
(c) Rationalization
(d) Sublimation
9. According to Erik Erikson's psychosocial theory, the conflict in adolescence is:
(a) Identity vs. Role Confusion
(b) Generativity vs. Stagnation
(c) Ego Integrity vs. Despair
(d) Intimacy vs. Isolation
10. Who is known for the theory of classical conditioning, where learning occurs through the association of stimuli?
(a) Ivan Pavlov
(b) B.F. Skinner
(c) Albert Bandura
(d) Abraham Maslow
11. Which stage of Piaget's cognitive development theory is characterized by object permanence and symbolic thought?
(a) Sensorimotor
(b) Preoperational
(c) Concrete operational
(d) Formal operational
12. The part of the brain responsible for emotions and motivation is the:
(a) Cerebellum
(b) Amygdala
(c) Hippocampus
(d) Corpus callosum
13. According to the social learning theory, learning can occur through:
(a) Classical conditioning
(b) Operant conditioning
(c) Observing and imitating others
(d) Reinforcement and punishment
14. Which psychological perspective focuses on the role of unconscious conflicts and early childhood experiences in shaping personality?
(a) Cognitive psychology
(b) Humanistic psychology
(c) Psychodynamic psychology
(d) Behaviorist psychology
15. The "father of psychology" is considered to be:

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(a) Carl Jung
(b) William James
(c) Sigmund Freud
(d) Ivan Pavlov
16. Which approach to psychology emphasizes the uniqueness of each individual and their personal growth and self-fulfillment?
(a) Psychodynamic approach
(b) Humanistic approach
(c) Cognitive approach
(d) Behavioral approach
17. The process of adjusting existing schemas to incorporate new information is known as:
(a) Accommodation
(b) Assimilation
(c) Adaptation
(d) Absorption
18. Which psychological perspective focuses on studying observable behavior and how it is influenced by the environment?
(a) Cognitive psychology
(b) Psychodynamic psychology
(c) Behaviorist psychology
(d) Humanistic psychology
19. The part of the neuron that receives incoming signals from other neurons is called the:
(a) Dendrite
(b) Axon
(c) Myelin sheath
(d) Cell body
20. According to Erik Erikson, the psychosocial conflict in early childhood is:
(a) Trust vs. Mistrust
(b) Autonomy vs. Shame and Doubt
(c) Initiative vs. Guilt
(d) Identity vs. Role Confusion
21. Who proposed the theory of operant conditioning, where behavior is shaped through reinforcement and punishment?
(a) B.F. Skinner
(b) Ivan Pavlov
(c) John B. Watson
(d) Albert Bandura
22. The "bystander effect" refers to the phenomenon where individuals are less likely to help in an emergency situation when:
(a) They are alone
(b) They are in a crowd

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(c) They know the person in need
(d) They feel competent to help
23. Which approach to psychology focuses on understanding mental processes such as memory, problem-solving, and decision-making?
(a) Cognitive approach
(b) Behavioral approach
(c) Psychodynamic approach
(d) Humanistic approach
24. The concept of "self-actualization" is associated with:
(a) Carl Rogers
(b) Abraham Maslow
(c) Albert Bandura
(d) B.F. Skinner
25. The process of transforming sensory information into neural signals is known as:
(a) Cognition
(b) Sensation
(c) Perception
(d) Stimulus
26. According to the "Big Five" personality traits, which trait is associated with being imaginative, curious, and open to new experiences?
(a) Extraversion
(b) Agreeableness
(c) Conscientiousness
(d) Openness to experience
27. Who is known for the theory of moral development, which includes stages such as preconventional, conventional, and postconventional morality?
(a) Jean Piaget
(b) Erik Erikson
(c) Lawrence Kohlberg
(d) Lev Vygotsky
28. The psychological defense mechanism where an individual attributes their undesirable traits to others is called:
(a) Projection
(b) Repression
(c) Rationalization
(d) Displacement
29. According to Erik Erikson, the psychosocial conflict in late adulthood is:
(a) Ego Integrity vs. Despair
(b) Generativity vs. Stagnation
(c) Identity vs. Role Confusion
(d) Intimacy vs. Isolation

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30. The process of changing behavior through the use of rewards and punishments is known as:
(a) Classical conditioning
(b) Operant conditioning
(c) Observational learning
(d) Insight learning
31. Which psychological perspective emphasizes the importance of studying observable behavior and how it is influenced by the environment?
(a) Humanistic psychology
(b) Cognitive psychology
(c) Behaviorist psychology
(d) Psychodynamic psychology
32. The "nature vs. nurture" debate in psychology concerns the relative influence of:
(a) Genetics and environment on behavior
(b) Nature and society on behavior
(c) Conscious and unconscious thoughts
(d) Cognitive and behavioral processes
33. The process by which we organize and interpret sensory information to give it meaning is called:
(a) Sensation
(b) Perception
(c) Learning
(d) Memory
34. According to Maslow's hierarchy of needs, which level of needs includes feelings of love, friendship, and belongingness?
(a) Physiological needs
(b) Safety needs
(c) Love and belongingness needs
(d) Self-esteem needs
35. Who proposed the social cognitive theory, where behavior is influenced by cognitive processes, observational learning, and environmental factors?
(a) B.F. Skinner
(b) Carl Rogers
(c) Albert Bandura
(d) Abraham Maslow
36. The process of retaining information in memory over time is called:
(a) Encoding
(b) Storage
(c) Retrieval
(d) Learning
37. According to the stages of sleep, during which stage does dreaming most commonly occur?
(a) Stage 1

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(b) Stage 2
(c) Stage 3
(d) REM Stage
38. Which defense mechanism involves attributing one's own unacceptable feelings or impulses to others?
(a) Regression
(b) Projection
(c) Repression
(d) Rationalization
39. The part of the brain responsible for higher-order thinking, decision-making, and personality is the:
(a) Hypothalamus
(b) Amygdala
(c) Cerebellum
(d) Frontal lobe
40. According to Erik Erikson, the psychosocial conflict in middle adulthood is:
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42. The psychological defense mechanism where an individual expresses their unacceptable feelings or impulses in a socially acceptable way is called:
(a) Projection
(b) Repression
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(d) Sublimation
43. According to the social learning theory, learning occurs through:
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(b) Operant conditioning
(c) Observing and imitating others
(d) Reinforcement and punishment
44. Which psychological perspective focuses on understanding observable behavior and how it is influenced by the environment?
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(c) Behaviorist psychology
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(c) Adaptation
(d) Absorption
46. According to the stages of sleep, during which stage does dreaming most commonly occur?
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(d) REM Stage
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(a) They are alone
(b) They are in a crowd
(c) They know the person in need
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(c) Albert Bandura
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(b) Nature and society on behavior
(c) Conscious and unconscious thoughts
(d) Cognitive and behavioral processes

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